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ABSTRACT

The purpose of this handbook, created as a component of a sexual assault awareness program at Millikin University, is to provide information needed to assist victims of sexual assault. Information is included on several aspects of sexual assault, as well as references and websites available for additional information. Topics covered include: sexual assault myths; definitions of sexual assault; acquaintance rape; criminal justice procedures; statistics; male victims; and prevention. (GCP)

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Sexual Assault Awareness Handbook

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Knowledge is power...

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Hello!

The purpose of this handbook is to give you the knowledge you need to assist victims of sexual assault. Hopefully, you will never be faced with a situation where you will have to use it. However if a situation does arise where you need help, I hope you find this handbook useful.

I have included information on several aspects of sexual assault, as well as references and websites available for additional information.

Sexual assault is real, and it is a problem, especially on college campuses. It may be easier to turn the other cheek and ignore the problem instead of addressing it – but although it is easier, it is not right. That is why I started this sexual assault awareness program – because knowledge is power.

If you have any questions about the following material, please feel free to contact either Growing Strong Sexual Assault Center at 428-0770 or myself, Emily Picard, at epicard@mail.millikin.edu.

Thank you for your cooperation in my quest to give Millikin University the knowledge and the power to stop sexual assault.

Emily Picard
Class of 2003

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Sexual Assault Myths

Myth: Sexual assault is the result of uncontrollable sexual desire.
Fact: Sexual assault is about power, not about sex.

Myth: Sexual assault is a one-time incident resulting from a momentary lack of judgment.
Fact: Most sexual assaults are planned.

Myth: Men cannot be sexually assaulted.
Fact: One in six men is sexually assaulted by the time he reaches the age of eighteen. Sixteen percent of all college males have been assaulted while attending a four-year university.

Myth: Rapists are strangers.
Fact: At least 80% of all sexual assault is committed by an acquaintance of the victim.

Myth: The victim enjoyed it.
Fact: No one enjoys being sexually assaulted. Virtually all victims report feelings of terror, humiliation, and degradation.

Myth: A woman or man cannot be sexually assaulted if she or he really resists.
Fact: Lack of resistance does not imply consent.

Myth: Sexual assault only happens when women go out alone at night or are in "unsafe" places.
Fact: Over half of all sexual assaults happen in the victim's or assailant's home.

Myth: She asked for it by her behavior or the way she dressed; "nice girls do not get sexually assaulted".
Fact: Sexual assault is a crime. Nothing in a victim's appearance or actions justifies forced sexual contact against her will.

Myth: Most assailants are black; most victims are white.
Fact: Most assailants are white, as are most victims. Ninety percent of all sexual assaults involve a victim and assailant of the same race.

Sources:

Dunn, Shelia, M.D.-Gilchrist, Valerie, J., M.D.
Sexual Assault, Primary Care, Vol. 20, No. 2, June 1993.

Holmes, William C., M.D., MSCE, and Slap, Gail B., M.D., M.S. Sexual Abuse of Boys, Journal of American Medical Association, Vol. 280, No.1 (1998) 1885-1892.

Struckman-Johnson, Cindy and Struckman-Johnson, David. Acceptance of Male Rape Myths Among College Men and Women. Sex Roles, Vol. 27, No 3-4 (1994) 181-183.

(1)

General Definitions of Sexual Assault Crimes in Illinois

The Illinois Criminal Sexual Assault Law of 1984 generally divides sexual assault crimes into two types:

1. Crimes involving sexual penetration
2. Crimes involving sexual conduct

Sexual Penetration:

- Any contact between sex organs of one person and sex organs, mouth or anus of another person.
- Any intrusion of any part of the body of one person or any animal or object into the sex organs or anus of another person including cunnilingus, fellatio or anal penetration.
- Evidence of emission of semen is not necessary

Sexual Conduct:

- Any intentional touching or fondling by the victim or the accused directly or through clothing of the sex organs, anus or breasts of the victim or of the accused.
- Any intentional touching or fondling of any part of the body of a child under 13 for the purpose of sexual gratification or arousal of the accused or of the victim.

The Illinois Criminal Sexual Assault Law is very complex and this information is only a brief generalization of the law. Remember, every case is different.

Source: Illinois Coalition Against Sexual Assault (ICASA), 1982 – updated 1989, 1998, 2000.

What to Suggest for a Victim to Do Immediately After a Sexual Assault

Below are things that a victim should do immediately after a sexual assault. These suggestions are important for preserving evidence (if the victim later wishes to report the assault). The victim has up to 72 hours after the assault to go to the hospital and have evidence collected. If the victim waits more than 72 hours, he or she will not be able to use any collected evidence in a court of law, and the hospital may not administer a rape kit. If a victim comes to you immediately after a sexual assault and asks for your help suggest the following steps:

- Call Millikin University's Sexual Assault Awareness Counselors (SAAC) (462-0016) or Growing Strong Assault Center 24-hour help line (428-0770) for immediate information, resources, crisis intervention and support.
- Go directly to the hospital emergency room to be examined for injuries, sexually transmitted diseases, or possible pregnancy and collection of evidence.
- It is important to preserve evidence after the assault by:
    - Not smoking
    - Not showering, bathing or washing hands
    - Not eating, drinking or brushing teeth
    - Not combing hair or cleaning under nails
    - Not going to the bathroom. This is especially important if the use of date rape drugs was a possibility. If you must use the bathroom, collect urine to bring to the hospital.
    - Not changing clothes. If you must remove clothing, put all items in PAPER BAGS so as not to confound evidence.
    - If relevant, do not touch any objects at the scene of the crime
- Try to recall details of the event and of the attacker's appearance, height, clothing, words, etc. (if you do not know him).

Source: Illinois Coalition Against Sexual Assault (ICASA), 1982 – updated 1989, 1998, 2000.

Acquaintance Rape

Acquaintance rape is a sexual assault crime committed by someone who knows the victim. Though many believe that acquaintance rape may be less traumatic for the victim, studies have found the opposite to be true. The victim's trust in the person who assaulted her has been destroyed and his or her trust in his or her own judgment of people has been shaken. This could lead to problems with the ability to trust people after the assault. Victims may also be more likely to blame themselves in cases of acquaintance rape. They may think things such as "why did I let [him or her] into my apartment?" "why did I trust [him or her]?" etc. It is especially important to reassure victims of acquaintance rape that the assault was not their fault and they should not feel guilty – they did nothing wrong.

Below are other important facts about acquaintance rape.

- It can happen to anyone.
- The rapist may be a date, neighbor, boss, colleague, teacher, delivery person, repair worker, spouse or anyone else the victim knows.
- A woman is four times more likely to be raped by an acquaintance than by a stranger.
- One in four college women were victims of rape or attempted rape while they were students. Eighty-four percent of them knew the rapist. Fifty-seven percent of the rapes happened during a date.
- Acquaintance rape is rarely reported to police. Less than two percent of acquaintance rape victims report the assault; twenty-one percent of women raped by strangers report the crime to police.

Source: Dunn, Shelia, M.D.-Gilchrist, Valerie, J., M.D. Sexual Assault, Primary Care, Vol. 20, No. 2, June 1993.

Criminal Justice Procedures

Because sexual assault is a crime, it is the responsibility of the state to prosecute the offender on the victim's behalf. The criminal justice procedures dealing with sexual assault can be a very long and confusing process, but hopefully in the end, justice will be served. If a victim comes to you and wants to take action on their assault, it is important to inform him or her of what lies ahead in the criminal justice procedures – let the victim know that the journey will not be easy, and offer your support throughout the process. Listed below are the steps of the criminal justice procedures for sexual assault – keep in mind that each case is different, as is each victim's experience with the process. However, if you have a general idea of the criminal justice procedures, you will be able to give the victim a hint of what lies ahead for him or her.

Reporting to the Police

The sooner the victim reports to the police, the more likely he or she is to have success in prosecuting. However, it is important to remember that once the victim reports his or her case, the case becomes a "state case". Even if the victim later decides not to prosecute, the case will not be dropped. The victim is now a witness in a state case prosecuted by the State's Attorney's office.

In the initial report, the officer that answers the call will want to know a brief summary of the crime including when and where it occurred, the victim's name, age, address and occupation. The officer will also ask for a description (or name) of the assailant.

The Investigation

Once the case is assigned to an officer, he or she will want to do an in depth interview with the victim. Since this is one of the most important parts of the investigation, it will be detailed and thorough. If the victim has any scratches, bruises or any other signs of attack on their body photographs may be taken. If the victim did not know the assailant, he or she may be asked to look at photographs or asked to work out a composite sketch with the police artist for identification purposes. In this interview, the victim will be asked to re-live their assault, so it is important to warn them that the interview may be painful.

The Arrest

The investigator will be working on apprehending the suspect. If the victim did not know the assailant, they may be asked to pick them out of a police line up.

Prosecution

Filing Charges

The police report along with the medical report (if applicable) will be sent to the State's Attorney's office where they will decide if there is enough evidence to prosecute the case. If it has been decided that there is, the case will most likely be passed onto the Assistant State's Attorney. The Assistant State's Attorney will then interview the victim.

Again, this may be painful for the victim because they will again have to relive the assault. The Assistant State's Attorney may ask several of the same questions that the investigating police officer asked. This may be frustrating for the victim, but reassure him or her that the State's Attorney's office is on their side and trying to help him or her the best they can.

The Assistant State's Attorney will also explain to the victim the trial process, how to testify at the trial and what the defendant (the assailant) may use as defense. This is done so the victim will be prepared for anything he or she is asked at the trial.

There is a possibility that the State's Attorney's office will decide not to prosecute the case – this does not mean that they do not believe the victim, often times it just means that they did not feel there was enough evidence to successfully try the case. Sexual assault cases are extremely difficult to prove in court without evidence. If the victim strongly disagrees with the State's Attorney's office's decision not to try the case, he or she can ask for case reconsideration, but there is no guarantee their decision will change.

Arraignment

The arraignment is when the defendant appears before the judge and pleas guilty, not guilty or no contest to the crime. If the defendant pleads guilty, sentencing will be scheduled for a later date. If the defendant pleads not guilty or no contest, there will be a trial or plea-bargaining.

Pre-trial Hearing

After the charges are filed, the evidence will be reviewed in a hearing. There are two types of hearings that may occur before a trial: the preliminary hearing or a grand jury hearing. The victim may be asked to testify at the pre-trial hearing. If so, he or she will receive a subpoena (a document from the court stating when and where to appear).

Preliminary Hearing

The preliminary hearing will be held in an open court before a judge. The defense attorney and defendant will be present. At this hearing the judge will look at the evidence and determine if there is enough to go to trial.

Grand Jury Hearing

A grand jury hearing is held in private before a jury. In this type of hearing the defense attorney and the defendant do not attend. The jury will review the evidence and decide if they believe there is enough evidence for the case to go to trial.

Bond

The defendant has the right to have bond set. If he is able to pay the bond, he will be released until the trial. If the defendant tries to contact the victim at any time before the trial, notify the police immediately.

Plea-bargaining

Plea-bargaining can take place between the State's Attorney and the defense attorney any time after the preliminary hearing. If an agreement is met, there will be no need for a trial.

Trial

The defense chooses whether the trial will be held before a circuit court judge (bench trial) at which there is no jury, or before a judge and jury of 12 people (jury trial). At a bench trial, the judge listens to the case and makes the determination of guilty or not guilty. If the defense chooses a jury trial, the prosecution and the defense will pick a jury of 12 people from a pool of potential jurors – both sides have a right to exclude ten potential jurors. The jury will make the determination of guilty or not guilty in a jury trial.

During the trial, the victim will be asked to testify (along with other witnesses – because of the Fifth Amendment, the defendant does not have to testify at the trial). Once again, he or she will have to relive their assault so it is important to continue to offer your support. The victim will be subject to cross-examination from the defense attorney. During the cross-examination, the defense attorney will be looking for holes in the victim's story and ways to dispute what he or she has said. It is a good idea to suggest that the victim role play with a sexual assault advocate, State's Attorney, attorney or knowledgeable friend so before the trial so they can have some idea what to expect so the trial will not be as painful for them. The defense attorney is not allowed by Illinois law to ask the victim about their past sexual experiences unless they relate directly to the case.

Post Trial Events

If the defendant was found guilty, he or she will be sentenced, however they do have the right to appeal the case. If the defendant is found not guilty, that does not mean that no crime was committed, nor does it mean that the jury did not believe the victim. All that a not guilty verdict means is that the jury did not hear enough evidence to be certain, beyond reasonable doubt, that the defendant was guilty as charged. If the verdict is not guilty, reassure the victim that you believe them and that there is no doubt in your mind that the assault took place. Offer your support and let him or her know that you are there to listen to anything he or she needs or wants to talk about.

Civil Trial

Regardless of the verdict from the trial, the victim has the right to sue for damages as a result of the sexual assault. If they wish to do so, they must hire a private attorney to try the case.

Source: Illinois Coalition Against Sexual Assault (ICASA), 1982 – updated 1989, 1998, 2000.

Statistics[1]

Adult Victims of Sexual Assault

- An estimated 302,100 women and 92,700 men are sexually assaulted each year in the United States.[2]
- According to a study conducted by the National Victim Center, 1.3 women age 18 and over in the United States are forcibly sexually assaulted each minute, 78 per hour; 1,871 per day, and 683,000 per year.[3]
- One in four female college students reported that they had been victims of sexual assault – 80% were victimized by someone they knew.[4]
- An estimated 91% of all sexual assault victims are female, and an estimated 99% of the offenders were males.[5]

Child Sexual Abuse

- One in three girls and one in six boys are sexually abused before the age of 18.[6]
- Of the 22.3 million adolescents in the United States today, 1.8 million have been victims of sexual assault.[7]

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[1] Statistics are calculated by the number of sexual assaults reported to sexual assault services (such as Growing Strong, etc.) To determine the number of assaults reported to the police, those numbers are compared to the total number of assaults reported at sexual assault centers.

[2] Tjaden, Patricia & Thoennas, Nancy. Prevalence, incidence and Consequences of Violence Against Women: Findings from the National Violence Against Women Survey. Washington, D.C.: National Institute of Justice, U.S. Department of Justice, 1998.

[3] Kilpatrick D.G., Edmunds, C.N. & Seymour, A. Rape in America: A Report to the Nation. Arlington, VA: National Victim Center, 1992.

[4] Koss, Mary P., Gidycz, C. and Wisneiwiski, N. "The Scope and Prevalence of Sexual Aggression and Victimization in a National Sample of Higher Education Student." Journal of Consulting and Clinical Psychology, 55, pg. 162-170, 1987.

[5] Greenfield, Sex Offenses and Offenders. Bureau of Justice Statistics, U.S. Department of Justice, 1997.

[6] Russell, Diana E.H. "The Incidence and Prevalence of Interfamilial and Extra familial Sexual Abuse of Female Children," in *Handbook on Sexual Abuse of Children*, edited by Lenore E.A. Walker. Springer Publishing Co., 1988.

[7] Kilpatrick and Saunders. *The Prevalence and Consequences of Child Victimization*: Summary of a Research Study by Dean Kilpatrick, Ph.D. and Benjamin Saunders, Ph.D. Washington, D.C.: U.S. Department of Justice, National Institute of Justice. 1997.

Acquaintance Rape

- More than 80% of rape or sexual assault victims knew their attackers.[8]
- 77% of all completed rapes are committed by someone known to the victim.[9]
- 90% of sexual assault victims who knew their attacker did not report the attack to the police.[10]

College Students and Acquaintance Rape

- 20-25% of college-aged women will be victims of sexual assault at some point during their college years.[11]
- In date rape cases,75% of male students and 55% of female students had been drinking or using drugs prior to the time of the assault.[12]
- Of alleged gang rapes by college students, 55% were committed by fraternity members and 40% by school athletes.[13]

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[8] Rennison, Callie M. *Criminal Victimization*, 1998: Changes 1997-98 with Trends 1993-98. Washington, DC: Bureau of Justice Statistics, US Department of Justice, 1999.
[9] Bureau of Justice Statistics. *Sex Offenses and Offenders* 1997. Washington, DC: US Department of Justice.
[10] Bohmer, C. & Parrot, A. *Sexual Assault on Campus*. Lexington Books: New York, p.31, 1993. (again, statistics are compiled by those reported to sexual assault centers, as compared to the police).
[11] Bohmer & Parrot, 1993.
[12] Koss, M.P. "Hidden Rape: Incident, Prevalence and Descriptive Characteristics of Sexual Agression and Victimization in a National Sample of College Students." In Rape and Sexual Assault, Vol. II. (ed. A.W. Burgess). New York: Garland Publishing Co., 1998.
[13] Bohmer & Parrot, p.26, 1993

How to Help After a Sexual Assault

Sexual assault can traumatize not only the victim, but also his or her family and friends. One of the greatest hardships is not knowing how to help...

Each victim's reaction to sexual assault is individual, as is each victim's recovery. It is important to keep the previous sentence in mind when thinking about how to help. Below are some tips on how to help a victim in his or her road to recovery.

1. Let the victim take the lead in his or her own recovery.

The victim may feel lost as if they have no control as a result of their assault – do not force them to do anything they are not ready for – that includes talking. The victim will let you know when he or she is ready to talk, do not make them feel like they need to talk or give you any details of their assault if they are not ready to disclose that information.

2. Recognize that nothing you can do will erase the fact that they were sexually assaulted.

If you understand this fact, hopefully a burden can be lifted off your shoulders. Do not spend time thinking "I wish I would have told [the victim] not to go to that party" or "I wish we could go back in time three days..." You cannot go back in time, and you cannot change the past – it is your job now to help the victim heal, not to wish that you could erase the fact that he or she has to heal.

3. Face your own fears and prejudices about sexual assault.

It *is* ugly and it *is* scary. You may feel uncomfortable thinking about sexual assault, and worse talking about it. You are entitled to your feelings and they are understandable, but do not let them get in the way of helping the victim. You may find that you experience anger at the attacker, or even at the victim. You may feel afraid or you may feel guilt. Everything you feel is justified – they are your feelings. However, your own emotional pain may prevent you from hearing what the victim has to say, and thus helping them to heal. Be conscious of your feelings – do not be afraid or ashamed to seek counseling for yourself. Sexual assault councilors are aware of the effects assault has on everyone attached to the victim, they can help you understand your feelings and help you to help the victim.

4. Accept the victim's experience the way it happened.

Do not second-guess the victim's behavior. Refrain from making comments such as "you should not have worn that" or "you should have kicked" or "you should not have gone out by yourself". SEXUAL ASSAULT IS NOT THE VICTIM'S FAULT. Regardless of what they were wearing or what their actions were, the victim did not ask to be sexually assaulted. Do not focus on the victim's behavior

when it is the perpetrator's behavior that should be condemned. Again, nothing the victim did or did not do caused the assault. You may feel that the victim used poor judgment in the situation, but the responsibility for the fact that a crime occurred lies with the person who committed it!

5. Leave comparisons alone.

It does not help to compare the victim's experience with that of others who have been sexually assaulted. Each assault is individual, as are each victim's reactions to the assault; therefore each assault should be handled individually. And be sure not to compare what *did* happen with what *could* have happened. The victim already knows how much worse things could have been, there is no need to point it out and demean their legitimate feelings.

6. Face the issue.

While some people like to deal with things by ignoring them, that will not work in this case. Do not instruct a victim not to worry, not to cry or not to think about it. Those are all unrealistic requests. Neither the crime nor the aftermath will go away by ignoring them.

7. Be ready to listen.

It is important to let the victim know that you are available to listen when they need you. Try to listen non-judgmentally and do not ask specific questions. Your interest to know the details of the assault should not overpower your desire to be supportive and do what you can to help the victim heal. If when discussing the assault, the victim continually refers to the assault as "it" (and then "it" happened), do not pressure them to tell you what "it" is.

Other ways to help:

1. Take the victim out for a night to help keep their mind off of what happened to them – take them to see a funny move or to get pizza, anything that will not remind them of what they experienced.

2. Offer to call them at night to make sure they are doing okay.

3. Let them know you are thinking about them

4. Go with them to participate in an activity that allows them to release any anger they might have.

5. Support them in court if their case goes to trial. Ask them if they would like you to go to court. If they want supporters there, round up a group of friends to go with you to show your support. If the victim would rather no one he or she knew came to court, help spread the word to keep others out.

Source: Sandow, Shelley. "How Can I Help?" Women's Services, The YWCA of Metropolitan Chicago, 1984.

Male Victims

Often times, when people think of sexual assault, they think of it as a "woman's problem". Traditional education on sexual assault has centered on teaching women to protect themselves and teaching men not to rape. Although it is important to teach women to protect themselves and men not to rape, education that stops there is behind the times. The reality of it is that men can also be victims, and women can be attackers. The important thing to teach is awareness.

One in six males will be sexually assaulted as a child[1], and according to one study involving college students, as many as sixteen percent of males will be sexually assaulted as an adult.[2] However, male victims are less likely to report assaults than women are. As a result, males tend to deal with what happened to them alone, and in many cases, in an unhealthy manner. There are several reasons why men tend to be less likely to report their assault; below are a few examples.

Fear that they will not be believed

When people think of sexual assault, they often think of men assaulting women, so the male victim may feel that if he reports his assault, he will not be believed. The only thing we can do to help this is to get the word out that ANYONE, regardless of sex, age, weight, etc. can be a victim of sexual assault. Once society accepts that fact, perhaps male victims will be more willing to seek help.

Fear of being blamed

The victim may feel that because he was a male, he should have been able to fight off his attacker. He may feel that it was his fault for putting himself in the situation where he was assaulted. Sexual assault is never the victim's fault – it is important to be sure that people are aware of this fact. Once they believe that, they may be more likely to report or at least seek help if they are assaulted.

The question of "manhood"

Society stereotypes men as tough and aggressive. "Manhood" is often measured in terms of physical and emotional strength. Sometimes, a male survivor will not come forward for fear that others might question his "manhood" because of what has happened to him.

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[1] Holmes, William C., M.D., MSCEm and Slap, Gail B., M.D., M.S. "Sexual Abuse of Boys," Journal of American Medical Association, 1998, Vol. 280, No. 1: 1855-1862

[2] Struckman-Johnson, Cindy and Struckman-Johnson, David. "Acceptance of Male Rape Myths Among College Men and Woman," Sex Roles, 1994, Vol. 27, No. 3-4: 181-183

Concerns about sexuality

When a man is sexually assaulted, it is almost always by another man. Research indicates that some victims never come forward because they fear being labeled homosexual when they are a heterosexual male[3]. The fear is even greater in cases where the victim has an erection or ejaculates. This is a physical response that can happen even if the victim is afraid, unwilling, resisting or even unconscious.

Now that we are aware of some of the reasons male victims do not report, it is important to strive towards changing the stereotypes that surround male sexual assault. If men become aware of the "other side" of sexual assault, perhaps they will feel more comfortable talking about what has happened to them.

[3] Groth, Nicholas et al. 1980.

How You Can Help ⇒ DOs and DON'Ts

DO believe the victim. People rarely lie about rape or assault.

DO listen to the victim and concentrate on understanding his or her feelings.

DO allow the victim to be silent; you do not have to talk every time he or she stops talking.

DO ask how you can help.

DO offer to accompany the victim in seeking medical attention or counseling or in going to the police.

DO help the victim regain a sense of control. Support him or her in making decisions about whom to tell and how to proceed

DO remind the victim that sexual assault is the assailant's fault, not theirs.

DO offer companionship so that the victim does not have to feel like they are alone.

DO make a note of what the victim told you – be as detailed as possible, include dates, etc. (Thus could be helpful if the victim decides to report the assault.

DO take advantage of resources such as SAAC or Growing Strong if you feel uncomfortable dealing with the situation.

DON'T judge the victim. "If you judge the [victim] in your heart, it will show up in your voice." –Charles Hufford

DON'T ask questions that imply that the sexual assault was the victim's fault, such as "Why did you go to that party?" "Why didn't you scream?" "Why didn't you run away?"

DON'T say "I know how you feel."

DON'T touch or hug the victim unless you are sure he or she is comfortable with physical contact.

DON'T act in ways that are upsetting to the victim. Be aware of phrases like "If I could find the creep, I'd kill him (or her)". Although you may be trying to be supportive, that type of comment might upset the victim even more.

DON'T tell anyone about the assault, disclosing the victim's name, without his or her permission.

DON'T tell the victim what to do. Instead, help him or her to explore the options.

DON'T pressure the victim into doing anything.

DON'T answer questions you do not feel qualified to answer – know that there are resources available to you and to the victim.

Prevention

Although it would be unrealistic to say that by adhering to the following tips will guarantee that you or someone you know will never be assaulted they may help to reduce the risk of a possible attack against you.

Tips for Preventing Acquaintance Rape

- Communicate your boundries clearly and firmly. If you sense a conflict between your sexual expectations and your partners, do not be afraid to discuss them – make it clear to the other person where the lines are.
- Do not be afraid to feel foolish or "un-cool" if you are not ready for a sexual relationship. The person you are with should respect your decision and not challenge it. However, if they do challenge you, stick to your guns.
- Beware of the growing use of "date rape drugs". Do not leave your drink unattended or let someone get you a drink if you cannot see him or her preparing it.
- Be aware that even a small amount of alcohol can make you vulnerable to sexual assault. If you know you will be drinking, plan ahead and make arrangements to get home safely. Become an advocate of the "buddy system" – take turns with your friends staying sober to be able to make sure everyone is okay and taken care of.

Tips for Preventing Sexual Assault by a Stranger

- Walk with others or call a safe ride (8888) or a taxi when at all possible. When you must walk alone, stay on well-lighted paths and walk confidently, even if you are feeling uneasy.
- Pay attention to your surroundings; if you sense danger, do not ignore it. Try to get away or seek help.
- Be willing to scream or yell if someone tries to attack you – the goal here is to draw attention to yourself and force the attacker to flea. If you can, run to the nearest blue light phone and press it.
- If you are being followed, do not go home! Walk to the nearest public place and seek help.

The number one tip for preventing assaults in general is AWARENESS. Understand that sexual assault is real and it is a problem. Make others aware, and help them to understand the problem. Challenge jokes about sexual assault and let people know that it is not a matter to be taken lightly or joked about. If you change your attitude towards sexual assault, hopefully others will follow in your footsteps.

Source: Miami of Ohio. On-line. Internet. 15 May, 2002. Available WWW: http://www.muohio.edu/womenscenter/pages/tertiary/sappwhat.html

Referrals

Millikin University:

Millikin Safety and Security . . . . . 424-8888 or 424-6388

SAAC Hotline 462-0016

Millikin Counselor's Office 424-6360

Dean of Students 424-6340

Community:

Growing Strong 24 hour Sexual Assault Hotline 428-0770

Planned Parenthood 877-6474

DOVE, Inc. (Domestic Violence) 423-2238

Decatur Police Department 424-2711

Macon County Health Department 423-6988

Suicide Hotline 362-6262

AIDS Hotline 1-800-342-AIDS

The Trevor Helpline 1-800-850-8078
(For a gay, lesbian, bisexual or questioning youth who is in crisis)

Cocaine Hotline 1-800-445-COKE

National Sexual Assault Hotline 1-800-656-HOPE

Helpful Websites

www.icasa.org	Illinois Coalition Against Sexual Assault. Learn about ICASA and the other Rape Crisis Centers they support.
www.rainn.org	Rape Abuse and Incest National Network. Great information, statistics, updates and legislative information.
www.stopfamilyviolence.org	Provides individuals with the opportunity of knowing where their elected officials stand on important issues facing women and children.
www.rsaws.org	Rape Survivors Anonymous World Services, Inc. Offers support for victims of sexual assault.
www.lifetimetv.com	Lifetime TV. Information about rape, sexual assault and how to stop violence against women.
www.plannedparenthood.org	Planned Parenthood's website. Offers information about various women's issues.

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